

Social and Occupational Function

What is it?

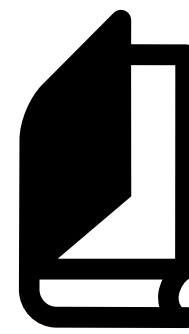
Your social and occupational function is how able you are to take part in your usually daily activities. These might include ...



Going to school, work, TAFE, or university



Doing home-based tasks, such as cleaning, paying bills or shopping



Doing things just for yourself, such as reading, gardening, sewing, or taking a walk



Spending time with your friends and family

What might poor social and occupational function look like?

This could look different for everyone. It could be harder to get out of bed in the morning, or maybe your everyday tasks feel more difficult than they used to. You may be feeling disconnected from other people, or feel a lack of belonging. You may be skipping school more and finding it difficult to concentrate in class or at work.

Why is it important?

- To feel connected to other people
- To help you feel included and involved in something valuable
- To help you get moving in the morning
- To help build your sense of self-worth, and to give you satisfaction and meaning
- To feel that you are contributing to something important

What can you do to support your social and occupational function?



Send a text to a friend or chat online



Look into a new hobby, ideally something you find meaningful and enjoyable



Be more active, reach out to a friend to go for a walk/run or join a sports team



Don't be afraid to ask for help